



NEWS FOR ADDICTS

Volume 1, Issue 2

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Please take a few moments to read an insert from the CMA Newsletter Subcommittee. We feel this newsletter belongs to us all and we welcome any submissions to be considered for future publications.

Newcomers Welcome

Most of us came to the rooms of Narcotics Anonymous scared, unsure, tired, and broken. *"When we were beaten, we became willing"* pg 20. What a relief to have been welcomed with open, loving arms! Some of us were greeted with smiles, hugs, and "Keep coming back". If our first meeting had not have felt like home, many of us would not have returned. We were unsure of what exactly we were looking for; we just knew we didn't want to continue to live in the grips of our addiction. As time went on, we felt comfortable in meetings and among our fellow addicts. As with any new road we take, it feels scary at first but when we get familiar with things, it is easy to forget how it was to be new.

It is completely normal to want to talk with your friends after the meeting about personal lives or about the service work you are involved in. All it takes is an extra couple of minutes to say hello and give a hug to a newcomer to help them feel welcome. Please, let this serve as a friendly reminder to welcome newcomers constantly and to remember how you once felt. Personally, I still feel stupid talking to new people and giving hugs to strangers but if it weren't for those addicts that I first encountered in N.A., I would have ran back to what was familiar. I also know that for myself being new into the rooms, I just wanted to fit in and feel like I belonged and without a warm welcome, I wouldn't have. Our literature states that *"We cannot keep what we have without giving it away."* pg 20. We need to always remember that! If there were no newcomers we might easily forget what it was like to be out there in active addiction and how grateful we are to be clean today. Also, I think it is important to continue to show new members that we are having fun and enjoying life being clean. I have heard it said more than once, "How do you have fun without getting messed up." Today, I know that I have more fun now than I ever did when I was using. So let's all try harder at welcoming the newcomer by hugs, smiles, invitations to fellowship and to come back next week. M.M.

WELCOME

STEP OF THE MONTH

We came to believe that a power greater than ourselves could restore us to sanity.

Basic Text page 22.

The most obvious insanity of the disease of addiction is the obsession to use drugs.

Basic Text page 23.

Our basic text defines insanity as repeating the same mistakes and expecting different results. We could go even further to say we knew the results were harmful but took the same actions anyway. Before we took step two, we received an eye-opener to the insanity of our disease. We looked at our powerlessness and unmanageability in step one. We discovered our problem. We have a disease: incurable, progressive, and fatal – that of which is spiritual in nature and involves much more than just the use of drugs. Step two begins our spiritual healing necessary to fill that void of spiritual hunger within each of us. *“The first step has left a vacuum in our lives. We need to find something to fill that void.”* Basic Text page 23. We have learned that if we fill our void with anything but a Higher Power we are still using. Our behaviors continue and the insanity drives us to the brink of devastation.

The process of coming to believe can be difficult for some addicts. Past resentments, nonacceptance, and fear of the unknown can lock us into a state of close-mindedness unto which new ideas cannot be grafted. That is why Narcotics Anonymous is special – we’re not religious but spiritual. The concept of God or Higher Power is left up to us individually. It can be the group, the message – anything as long as it is loving, caring, and greater than ourselves. *“The point is that we open our minds to believe.”* Basic Text page 24. For some it is easier to first become willing to be willing of the possibility of a HP.

“We begin to develop this relationship by simply admitting to the possibility of a power greater than ourselves.” Coming to meetings and seeing firsthand the glow upon other members as they talk about God and the miracles happening in their lives aroused our curiosity enough to begin our own spiritual journey. Curiosity turned to acceptance that there is something, a God greater than ourselves.

We begin to believe and miracles begin happening in our lives – for instance — we lost the desire to use! Then the acceptance turns to trust. Trusting our Higher Power lets us continue to take step three.

J.J.

TRADITION OF THE MONTH

“For our group purpose there is but one ultimate authority – a loving God as He may express himself in our group conscious. Our leaders are but trusted servants; they do not govern.”

Basic Text page 60.

Thank God! Many times we have seen newcomers who need their cards signed for drug court or probation ask, “Who’s the leader”, or assume that the chair of the meeting leads. Old-timers will sometimes chuckle remembering when they did the same. If N.A. had presidents instead of trusted servants it would surely fail and addicts would die. Nobody is the supreme leader, everyone is equal. We all have the disease of addiction and the desire to stay clean. We all paid the price of membership with our pain.

“We must be constantly on guard that our decisions are truly an expression of God’s will.” Basic text page 61.

Many times we – ourselves might have tried or even self-willed decisions based on pride, control and ego only to have it blow up in our faces.

“We deal with what is at hand and try not to force solutions. We have learned that if a solution isn’t practical, it isn’t spiritual.” Basic Text page 87.

Our literature is so important in our decision making process. Know your literature. The information given to us before we came to N.A. came from misinformed people. When we use our literature we are no longer the blind leading the blind.

“True spiritual principles are never in conflict; they compliment each other. The spiritual conscious of a group will never contradict any of our traditions.” Basic Text page 61.

J.J.



Last Train

Greetings gentle readers and harken to the tale unfurling before you. A timeless lesson untouched by eons. Give it welcome in all your todays.

Once upon a time, a ragged wanderer found himself among an unlovely collection of buildings. Adorning their worn walls were strange runes and symbols in unnatural hues filled the space from littered weeds to a height equal to the reach of an unrighteous man. Painted with an angry, illegal grace, like a lost soul in swordplay with his own demons. The baked earth beneath his feet made him wonder who had won the war. The lifeless silence of this abandoned place made the lone man shiver under the glare of the infernal sun.

As he walked along the narrow lane, he half wished to hear a cur dog or a cut-pocket thief steal up on him. Entertainment was his only want. Painfully thin and penniless, it amused him to think they could ever pose the tiniest threat to this world wearied traveler!

But something was out of place. His ever-careful steps were actually echoing off the bizarre walls surrounding him! He soured to think his once undetectable football had suddenly grown so shoddy and slow. Indeed, slower than his pace, the echoes slowed to a stop, even while he trod onward!

A delinquent cloud passed before the sun affording his ice colored eyes a moment of relief. In front of him there appeared a woman sitting between the twin steel rails that brought him to her. She looked nearly as used as his million mile boots. He closed the gap between them in silence until he heard her flat voice say, "Come on Casey, 'Guess I'm ready now." He felt sure then that this 'Casey' would not be coming in this lifetime based on the thick despair in her voice. He set his bundle down and took a knee by her side waiting for her empty eyes to find him. She passed her gaze over him, screwed her face into a fist and said, "What! 'You takin' the last train outta here too?" He sat beside her, his hat in his big hands, "Casey Jones eh? Thought he died?" Everything seemed to drain out of her then, "You got it slim, nobody 'round here seems to have much use for me anymore." He studied her dusty, expensive clothes for a minute, noticed her staring into the coppery sun like she'd never seen it before and didn't ever want to forget it.

A distant train whistle made her smile and smooth her hair with the back of her hand. He felt the faint promise of tons of rolling iron in the rail beneath his thigh. "I sure could use a meeting 'bout now, know where I can find one hereabouts?" He notice her trembling through the faded denim where his elbow touched hers. She pointed with her nose, "Keep on about a block to the first crossroads, go left a couple of blocks 'till you see the old white church. Should still be in the basement. They'll be putting the coffee on 'bout now." A tiny laugh escaped her then, as well as a hot teardrop. "Ol' Red likes it Addict Strength though. Hope you like it strong." She choked on the last word, swallowing down any others. He stood up slowly then, thin as the sound of the last train in the world. He pulled an ancient engineer's cap from his duffle, slapped the dust from his knee, slid a big gold watch from his vest by a fine chain, opening it to make it sound like the station bell on Engine #9. He returned it with practiced movement then reached his hand out to her. "Thank you kindly for helping a poor old stranger find his way. May I please return the favor Miss?" She touched his rough hand a moment, it was real enough she thought. "Aw sure...Fair is fair I guess huh? I suppose I can always catch a train but I sure could use a cup of Ol' Red's coffee right now!" His hand in hers, they walked along the tracks, watching the festive graffiti flash by in the setting sun as the 6:15 roared away from scene of another random act of wonder. "I'm an addict and tonight my name is Casey." M.G.

CMA BULLETIN BOARD

Our Hospitals and Institutions Subcommittee needs help bringing the message to addicts not able to attend meetings. An orientation session and 6 months clean time is required.

Benton Co. Jail - 2nd & 4th Sunday at 7pm
Stearns Co. Jail - 1st & 3rd Sunday at 7pm
Morrison Co Jail - Friday at noon
St. Cloud Children's Home - 1st & 3rd Monday at 6pm
Clara's House - Every Thursday at 10am
Recovery Plus, VA (men only) on Friday at 7pm
Recovery Plus, Our House (women only) Monday and Friday at 7pm
Rum River Recovery, Princeton 4th Monday at 7pm
H&I meeting at Minnesota Correctional Facility - coming soon!

Contact Nita C. 320-420-5666

Recovery in the Sticks Campout
Sportsman's Park, Cold Springs, MN

Starts at Noon on Friday, August 11th
Through Noon Sunday, August 13th
Camping, Volleyball, Horseshoes, River
Access, Raffle, Speakers
Hug-up Campfire Meeting.

Brings Your Own Food

Barbecue Grills Available
Suggested \$5.00/Campsite/Night
Contact Gary or Sharon J. at
320-685-8560 or
Mike W. at 320-260-3567

Outreach Subcommittee will be attending the following meetings. Meet some new people and help spread the message.

Mon. 8/14, 6pm "Never to young" Little Falls
Tues 9/12, 7pm "Life in Recovery" Albany
Sun 9/10 7pm "Recovery in the Sticks" Cold Spring
Tues 7/18, 8:30 "Attitude Adjustment" Alano Club,
St. Cloud
Fri 8/4, 8pm "Recovery on the River" Melrose

Contact Roy D. 320-980-7426
Or Dan B. 763-4126089

Mark Park Picnic
Princeton, MN
August 16th
12:00pm

Womens No Excuses
Potluck Picnic
Southside Boys and Girls Club
Thursday August 3rd
4pm to 8pm

MNNAC XIV

The Minnesota Narcotics Anonymous Convention is being sponsored by the Central Minnesota Area in April of 2007. MNNAC 14 is being held at Cragun's Conference and Golf Resort on gull lake near Nisswa Minnesota. It is a tremendous undertaking and the planning committee needs lots of support. The planning committee meets the first Sunday of the month (August 6th and September 3rd). The meetings are held in the fireside room at the St. Cloud Hospital Door F.

Contact Bryan B. at 320-230-2477

CMA NEWSLETTER Subcommittee

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